

# TRACKING YOUR FEELINGS

Have you ever had feelings you just couldn't figure out? Tracking your feelings throughout the day and making connections is a great way to start to understand what leads you to have positive and negative feelings. Tracking helps you see patterns so you can better manage your feelings. Make a tracker that suits your own personality and give it a try.

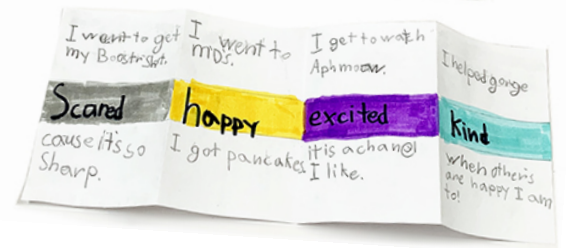


**CREATE** an accordion book using 5 envelopes. Write a day of the week from Monday to Friday on each envelope. Decorate the front of each envelope.

Accordion fold 5 pieces of paper 8.5 cm x 22 cm so there are 4 parts. Draw lines across the length of the paper so there are 3 sections. Use the top section to describe the **Activity**. Use the middle section to name the **Feeling** you had. Use the bottom section to tell the **Reason** you felt that way.

Place your paper inside the Monday envelope.

Use your tracker 4 times during the day. Repeat for each day of the week.



**PRESENT** your work to a partner. Talk about your design choices. Explain what you like best about the work, and why. Share how you felt while making the book. Was it easy to make, or did it challenge you? View the tracking sheets and compare your colour choices. What do you notice?



**RESPOND** to your classmates' tracking sheets. Ask follow-up questions about things that make you curious. Share ideas about what affected your feelings and how you managed them.



**CONNECT** what you learned about your feelings by viewing the 5 tracking sheets and other times when you had strong feelings but didn't really know why. How did the process affect your ability to manage your feelings? What more would you like to learn?



Education

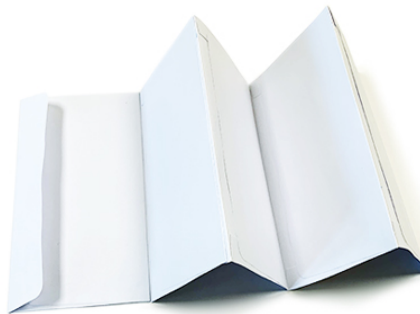
THINKING SHEET

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# HOW TO MAKE AN ENVELOPE BOOK



1. Glue 5 envelopes together by applying glue to the inside flap of one envelope and sticking it to the FRONT of the next envelope. Make sure you cover the entire flap with glue.



2. Accordion fold the envelopes. Make the flap of the first envelope the cover of your book.



3. Place your papers inside the envelopes.

